

## Upside Down Pizza100

Number of Servings: 100 (129.06 g per serving)

Amount	Measure	Ingredient
20.00	lb	Beef, ground, hamburger, pan browned, 10% fat
6 1/2	cup	Onion, white, fresh, chpd
5.00	cup	Tomatoes, puree, cnd
3 3/4	qt	Sauce, spaghetti, traditional, cnd
9 1/2	Tbs	Seasoning, Italian medley
3 3/4	qt	Cheese, mozzarella, low moist, part skim, shredded
20.00	ea	Eggs, whole, raw, lrg
2 1/2	qt	Milk, 1%, w/add vit A & D
9 1/2	Tbs	Oil, canola
2 1/2	qt	Flour, all purpose, white, bleached, enrich
2 1/4	cup	Cheese, parmesan, grated

### Nutrients per serving

Nutrition Facts	
Serving Size (129g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 360mg	15%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 10g	
Vitamin A 10%	Vitamin C 8%
Calcium 20%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Instructions

Brown and drain ground beef and onion, place in pans appropriate for cutting into # of 4 1/4"X 2 1/2" servings being prepared. ((9"x13" for 10 servings)  
Spread tomato puree and spaghetti sauce over meat mixture. Sprinkle with salt free Italian herbs and shredded mozzarella cheese.

Mix into a batter: eggs, milk, oil and flour. Pour over meat/sauce/cheese layers and sprinkle with Parmesan cheese. Bake at 400 degrees 20-30 minutes for 10 serving size (larger pans may take longer).

Cut into # of pieces yield of recipe makes. Each piece = 1 serving = 1 Carb Serving

#### Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

#### Cooking :

- Cook to an internal temperature of 155 F for 15 seconds.

#### Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

#### Cooling :

- Cool to an internal temperature of 70 F within 2 hours and cooled to 41 F within 4-6 hours.

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